



28 DAY PILLS

WARNING: If you are late taking a pill or miss a pill, you may get pregnant.

DO'S

1. Start your pill pack when you are instructed to do so.
2. Take one tablet at the same time every day.
3. Use an additional form of birth control, such as foam and a condom, the first 7 days you are on the pill. This will help assure that you are fully protected.

DON'TS

1. Don't smoke while on the pill. Smoking hurts your health in general, and risks of heart attacks and strokes are higher for pill users who smoke.
2. Do not wait until the last minute to get your pill refills. Please call your Family Planning Clinic early, about half way through your last pill pack to make an appointment to get more pills.
3. If you have problems. DO NOT STOP TAKING THE PILL WITHOUT CALLING YOUR FAMILY PLANNING CLINIC OR DOCTOR.

HOW THE PILL WORKS

1. The pill prevents your ovaries from releasing an egg.
2. It changes the mucous lining around your cervix at the time of ovulation.
3. It changes the lining of your uterus.

WHAT TO DO IF YOU MISS A PILL

1. Take the forgotten pill (yesterday's) as soon as you remember it and take today's pill at the regular time. IF YOU MISS OR ARE LATE WITH A PILL, IT IS RECOMMENDED THAT YOU CONTINUE TAKING YOUR PILL, BUT USE A BACK-UP METHOD SUCH AS FOAM & CONDOMS, FOR ONE WEEK.
2. If you miss 2 to 4 pills in week 1 or 2, take 2 pills as soon as you remember, and take 2 pills the next day. Throw away or skip the remaining missed pills and FINISH YOUR PILL PACK AS USUAL. USE ANOTHER METHOD OF BIRTH CONTROL ALONG WITH THE PILL for the next seven days.
3. If you miss 2 to 4 pills in a row in week 3,
 - Continue taking 1 pill a day until Sunday if you are a Sunday starter. On Sunday throw out the rest of the pack and start a new pack of pills that same day.
 - If you are a Day 1 starter, throw out the rest of the pill pack and start a new pack that same day.
 - USE ANOTHER METHOD OF BIRTH CONTROL for the next 7 days.
4. If you miss any pills in week 4, throw away the pills you missed and keep taking 1 pill each day until the pack is empty. You do not need to use a back-up method.
5. If you skip a period, DO NOT STOP TAKING THE PILL without calling your doctor or the FAMILY PLANNING clinic immediately.

MINOR SIDE EFFECTS

- * Spotting or bleeding between periods
- * Light or no periods
- * Nausea
- * Breast tenderness
- * Vaginal infections
- * Mood changes or depression

POSSIBLE SEVERE SIDE EFFECTS

- * Stroke or heart attack
- * Gallbladder disease
- * Blood clots
- * High blood pressure
- * Migraine headaches
- * Liver tumors

IMPORTANT DANGER SIGNALS

- A – Abdominal (stomach) pain-severe.
C – Chest pain (severe), shortness of breath or cough.
H – Headaches (severe), dizziness, weakness, numbness.
E – Eye problems, blurred vision, flashing lights or blindness.
S – Severe leg pain (calf or thigh)

Call the FAMILY PLANNING Clinic or your doctor immediately if you have any one of the above symptoms.

BENEFITS OF THE PILL

- * Decreased menstrual cramps.
- * Decreased menstrual bleeding.
- * More regular menstrual bleeding.
- * Decreased pain at time of ovulation.
- * Improvement of acne..
- * Less risk of PID. (Pelvic Inflammatory Disease)
- * Less risk of developing benign breast tumors and/or ovarian cysts.
- * Less risk of ovarian or endometrial cancer.
- * May help with PMS

(over)



SOME THINGS INTERFERE WITH THE PILL'S EFFECTIVENESS

1. There are some medications that decrease the effectiveness of the pill. If you see your doctor for other health problems, let him/her know you are on the pill so that he/she can advise you about any medications he/she may have you take. If you are taking a medication that interferes with the pill, **USE A BACK-UP METHOD FOR THAT ENTIRE CYCLE**, even after the medication has been completed. Some of the medications that interfere are: Tetracyclines, Penicillin, Rifampin, Dilantin, Indocin, and Barbiturates.
2. If you have vomiting or severe diarrhea, you may not be absorbing the pill. **USE A BACK-UP METHOD THE REST OF THAT CYCLE.**

FAMILY PLANNING CLINIC SITES:

Brown County Community Health Center
402 S Main
Aberdeen, SD 57401 626-2628

Urban Indian Health
1315 6th Ave SE #6
Aberdeen, SD 57401 225-1538

Alcester Medical Center
104 W. 2nd Street
Alcester, SD 57001 934-2122

Douglas County Public Health
708 8th Street
Armour, SD 57313 724-2758

Sanford Clinic - Brookings
922 22nd Ave So.
Brookings, SD 57006 697-1900

Elk Point Community Health Clinic
204 E. Main
Elk Point, SD 57025 356-3317

Women's Health & Education Center
390 Kansas Ave. SE
Huron, SD 57350 352-8384

Mitchell Family Planning
909 South Miller
Mitchell, SD 57301 995-8040

Pierre Area Family Planning
302 E Dakota
Pierre, SD 57501 773-4937

Urban Indian Health
1714 Abbey Road
Pierre, SD 57501 224-8841

Community Health Center of the Black Hills
504 East Monroe Street
Rapid City, SD 57701 394-6665 Ext. 22

Sanford Downtown Women's Health Care
401 East 8th, Suite 230
Sioux Falls, SD 57103 334-5099

Urban Indian Health
320 S 3rd Ave. Suite B
Sioux Falls, SD 57104 339-0420

Family Health Education Services
930 North 10th Street
Spearfish, SD 57783 642-6337

Vermillion Area Family Planning
Julian Hall USD
414 E. Clark
Vermillion, SD 57069 677-5278

Watertown Family Planning
703 S. Broadway
Watertown, SD 57201 882-1852

Yankton Area Family Planning
317 Broadway, Suite 8
Yankton, SD 57078 665-8838

For Further Information:

Contact the state office or a Family Planning Clinic Site for additional information. Or call 1-800-305-3064 for referral information. Community Health Nursing Offices in some areas provide Family Planning Services

Visit our website at: www.state.sd.us/doh/famhlth/famplan.htm
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3,000 copies of this document were printed by the South Dakota Department of Health at a cost of \$0.07 per document through support of Title X Family Planning Grant



The Birth Control Pill



South Dakota Family Planning

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